

High Life Highland Countryside Ranger walks in Assynt area 2020

All the walks are led by one of the Rangers. It is important though that you think of your own safety and that of any children for whom you are responsible. Remember too that these are country walks in the Highland weather so please dress accordingly. Bring sturdy shoes, or boots, a picnic and a sense of fun. Sorry watching wildlife is not usually compatible with taking dogs. *The Rangers reserve the right to cancel any of these events.*

All events will require booking in advance. This is to ensure your safety and that you get a quality experience. A full programme of guided walks and details on how to book can be found at <https://www.highlifehighland.com/rangers/upcoming-events/> We have a guest checkout facility for this particular event in case you do not have a High Life card. To use this please click on the second blue button titled 'NON CARD-HOLDERS BOOK HERE'. If you have trouble booking, you can give Andy a ring on 01571 844654 and he can book you on over the phone.

For more information contact Andy Summers [Tel:01571 844654/07825116516](tel:01571844654) or andy.summers@highlifehighland.com

Date: Tuesday 7th April **Area:** Assynt, Sutherland

Activity: Bone caves, Inchnadamph

Guided walk back in time to the ice-age where the bones of reindeer, polar bears and even humans were discovered in the caves. Stout footwear is essential. Bring packed lunch. Good path but steep in places. 5km. Suitable for all the family but no unaccompanied children allowed. Meet at Bone caves car park 4km, south of Inchnadamph. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 2pm **Booking ref:** 002960ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Wednesday 8th April **Area:** Assynt, Sutherland

Activity – Rockpool exploring at Clashnessie

Explore the wonderful world in a rockpool. Hermit crabs, starfish and much, much more - meet some of the really weird wildlife living here. Rocks can be steep and slippery. Suitable for all the family but no unaccompanied children allowed. Adults must book on also. Meet at Clashnessie Beach car park. Grid ref: NC 057309. Please phone Andy if you need a lift 01571 844654.

Time: 1.30pm - 3pm **Booking ref:** 002961ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 23rd April

Area: Assynt, Sutherland

A Short Walk into Nature: to listen for bird song

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to listen to and identify the common bird songs and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 05th May

Area: Assynt, Sutherland

Activity – Clachtoll to Stoer Peat road

Ranger led guided through some of the most amazing landscapes of Assynt. On the way explore the Druid's cave, see the carved stones and look back into crofting history. Bring packed lunch. 10km walk. Note this walk can be boggy in places. Meet at Clachtoll Beach car park. Grid ref: NC 040273. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 5pm

Booking ref: 002963ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 7th May

Area: Assynt, Sutherland

A Short Walk into Nature: Easy tree identification

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to learn how to identify common trees by their new leaves and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 12th May

Area: Assynt, Sutherland

Activity – Clachtoll Broch and Coastal walk

Ranger led guided coastal walk through a crofting township rich in wildlife, to the iron-age broch. Hear about the new discoveries of the recent excavation, stories of how the iron age people lived and catastrophic collapse that ended it all. Bring packed lunch. 4km walk. Meet at Clachtoll Beach car park. Grid ref: NC 040273. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm

Booking ref: 002964ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 19th May

Area: Assynt, Sutherland

Activity – Drumbeg peat road

Ranger led guided walk through the remote Assynt "cnoc and loch" landscape. We will be walking through the Drumbeg common grazing land full of pre-crofting history and Assynt's special wildlife. Bring packed lunch. 7km walk. This walk can be boggy in places. Meet at Drumbeg view point car park. Grid ref: NC 120330. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm

Booking ref: 002965ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 21st May

Area: Assynt, Sutherland

A Short Walk into Nature: To look for wildflowers

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to learn how to identify common wildflowers and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 26th May

Area: Assynt, Sutherland

Activity – The Otters that live at Clachtoll

Join us on World Otter day to learn about this fascinating creature and hopefully glimpse a sighting of one of Clachtoll's otters. This Ranger led guided walk will show you how to search for otters and what signs to look out for. Bring packed lunch. Meet at Clachtoll Beach car park. Grid ref: NC 040273. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm **Booking ref:** 002966ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 2nd June **Area:** Assynt, Sutherland

Activity – The wildflowers of the limestone at Inchnadamph

Guided walk with the Ranger in the valley of the trolls to see stunning orchids, colourful mountain avens and rare plants such as the Scottish Asphodel. With a backdrop of dry river beds and caves this is a walk not to be missed. Bring packed lunch. Meet at Inchnadamph car park. Grid ref: NC 251216. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 4pm **Booking ref:** 002967ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 4th June **Area:** Assynt, Sutherland

A Short Walk into Nature: To look for snails

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities

and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to learn how to identify common snail species and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon **Booking ref:** 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 9th June **Area:** Assynt, Sutherland

Activity – The lost township of Dubh Clais, Lochinver

Join us on this Ranger led guided walk near Lochinver to the ruins of the Highland clearance township at Dubh Clais and learn about how they lived. Lots of woodland and river edge wildlife to see as well. This path is boggy in places. 8km. Bring packed lunch. Meet at Lochinver Village hall. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm **Booking ref:** 002968ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 23rd June **Area:** Assynt, Sutherland

Activity – The amazing mountain of Suilven

Join us on a guided walk to the top of Assynt's most famous mountain, with some wonderful views. This is a strenuous walk. Participants must have good fitness for steep and rocky terrain and bring appropriate outdoor clothing, footwear and lunch. The distance is 20km/12.5miles. This walk is subject to good weather conditions. Suitable for over 18's only. Meet at the walkers car park, Glencanisp road. Grid ref: NC107220. Please phone Andy if you need a lift 01571 844654.

Time: 9am - 6pm

Booking ref: 002969ULLA

Price: £25 with 15% discount for HLH members

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 30th June

Area: Assynt, Sutherland

Activity – Clachtoll Broch and Coastal walk

Ranger led guided coastal walk through a crofting township rich in wildlife, to the iron-age broch. Hear about the new discoveries of the recent excavation, stories of how the iron age people lived and catastrophic collapse that ended it all. Bring packed lunch. 4km walk. Meet at Clachtoll Beach car park. Grid ref: NC 040273. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm

Booking ref: 002964ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 2nd July

Area: Assynt, Sutherland

A Short Walk into Nature: To look for bumblebees

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to see how many bumblebees we can find and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 7th July **Area:** Assynt, Sutherland

Activity – Rockpool exploring at Clashnessie

Explore the wonderful world in a rockpool. Hermit crabs, starfish and much, much more - meet some of the really weird wildlife living here. Rocks can be steep and slippery. Suitable for all the family but no unaccompanied children allowed. Adults must book on also. Meet at Clashnessie Beach car park. Grid ref: NC 057309. Please phone Andy if you need a lift 01571 844654.

Time: 2pm – 3.30pm **Booking ref:** OO2970ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 9th July **Area:** Assynt, Sutherland

Activity: Wildflower walk at Achmelvich

View the wonderful wildflowers that cover the machair as part of the Achmelvich wildflower festival. Learn some of their names and what they can be used for. Suitable for all the family but no unaccompanied children allowed. Meet at Achmelvich beach. Please phone Andy if you need a lift 01571 844654.

Time: ?????? **Booking ref:** N/A

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 14th July **Area:** Assynt, Sutherland

Activity: Wildlife of a Highland River, Lochinver

Join the Ranger as we follow the River Inver as it meanders into Lochinver. We will look for wildlife that live on the river bank, that hunt in the river and of course the creatures that live under the

water. You will hear the remarkable stories of life, death and survival along this amazing river. The path is boggy in places. Bring packed lunch. 5km. Suitable for all the family but no unaccompanied children allowed. Meet at Brackloch 2km outside Lochinver. Grid ref: NC 118 238. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 2pm

Booking ref: 002971ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Wednesday 29th July

Area: Assynt, Sutherland

Activity: All about eels, activities and games for the family, Lochinver

Here about the one of the most amazing animals on the planet. In Scotland's year of Coast and rivers come and learn about the eels' fascinating lives, the challenges they have to overcome to make it up our rivers and what we can do to help save the eel. Try some of the cool activities and games. Aimed at all the family. With support from the Aberdeen science centre. Lochinver Village hall.

Time: 2-4pm

Booking ref: N/A

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Contact: andy.summers@highlifehighland.com

Date: Tuesday 6th August

Area: Assynt, West Sutherland

Activity Clachtoll Sand Sculpture competition (in the morning) &

Seashore Activities Day.

Why not enter the contest for the best sand sculpture. Judging and prize giving at 1.30pm. Or just come along to admire the many amazing sculptures for free! Loads of really good prizes. This event will be followed by seashore activities in the afternoon. Great day out for the family

Time: 11 - 3pm

Booking ref: No need to book

Contact: andy.summers@highlifehighland.com

Date: Tuesday 18th August **Area:** Assynt, Sutherland

Activity – Clachtoll Broch and Coastal walk

Ranger led guided coastal walk through a crofting township rich in wildlife, to the iron-age broch. Hear about the new discoveries of the recent excavation, stories of how the iron age people lived and catastrophic collapse that ended it all. Bring packed lunch. 4km walk. Meet at Clachtoll Beach car park. Grid ref: NC 040273. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm **Booking ref:** 002964ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 20th August

Area: Assynt, Sutherland

A Short Walk into Nature: To look for Dragonflies

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to see how many damsel and dragonflies we can find and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon **Booking ref:** 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Date: Tuesday 1st September **Area:** Assynt, Sutherland

Activity – Clashnessie to Culkein coastal walk

Ranger led guided walk along this remote piece of coastline, where otters live, seabirds nest and the ruins of houses hint at a busier place in the pre crofting times. Bring packed lunch. 4km walk. Route

can be rough in places. Meet at Clashnessie Beach car park. Grid ref: NC 058310. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm

Booking ref: 002973ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 3rd September

Area: Assynt, Sutherland

A Short Walk into Nature: To look for Animal signs

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to see what evidence of animals we can spot and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Date: Tuesday 8th September **Area:** Assynt, Sutherland

Activity – Glen Leireag Guided walk, Drumbeg

Guided walk to visit the lost township of Glen Leireag and discover the secrets of this magical woodland glen; amazing hazel woodland with rare lichens. 7km walk to seek out Sutherland's wildlife specialities such as greenshank, black-throated divers and chance of golden eagles. Meet at Nedd Bridge, 2 miles east of Drumbeg. Rough walking in places. Grid ref: NC 148315. Bring packed lunch. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 3pm

Booking ref: 002974ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Tuesday 15th September

Area: Assynt, Sutherland

Activity: Bone caves, Inchnadamph

Guided walk back in time to the ice-age where the bones of reindeer, polar bears and even humans were discovered in the caves. Stout footwear is essential. Bring packed lunch. Good path but steep in places. 5km. Suitable for all the family but no unaccompanied children allowed. Meet at Bone caves car park 4km, south of Inchnadamph. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 2pm

Booking ref: 002960ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 17th September

Area: Assynt, Sutherland

A Short Walk into Nature: To look for Fungi

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to see how many species of fungi we can find and identify and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Date: Tuesday 29th September

Area: Assynt, Sutherland

Activity – Fungi in the Culag woods, Lochinver

Destroying Angels, Ergot and Chanterelles are a some of the marvellous fungi you will find in this wonderful woodland. Meet the different mushrooms and learn their secrets in one of the best woods for fungi in Sutherland. Bring packed lunch. 3km walk. Meet at Woodside car park, Culag Woods, past Lochinver Primary on the road to Inverkirkaig. Grid ref: NC 093215. Please phone Andy if you need a lift 01571 844654.

Time: 11am - 2pm

Booking ref: 002975ULLA

Price: It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: andy.summers@highlifehighland.com

Date: Thursday 1st October

Area: Assynt, Sutherland

A Short Walk into Nature: To look for Tree seeds, nuts and berries

Join this regular local High Life Highland Countryside Rangers green health walk and help reconnect with the natural world. Enjoy some leisurely exercise, friendly company, great views, and fresh air. All of our 'short walks into nature' series are flat, under an hour in length and suitable for all abilities and levels of fitness. Please disclose to your local ranger any medical or additional support needs you may have prior to the walk. We will meet at the Lochinver Mission (An Cala Café) on a short and slow-paced walk to see signs of autumn, tree seeds, nuts and berries and maybe a cuppa afterwards. Good path. Distance approx. 1 km/0.5mi. Please phone Andy on 01571 844654 to book a place.

Time: 11am – 12noon

Booking ref: 002958ULLA

Price: We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.